

2,062  
Volunteer  
hours



# Dalgarno Community Champions

## Highlight Report

April 2018 - March 2019




“ We really enjoy coming here, the instructor is so engaging with the babies. We’ve had the chance to have open discussions with medical professionals who have been really useful as a new mum. Our favourite part is the carnival jam with instruments at the end.”

### Maternity Champions support new mums

New mothers are one of the groups most at risk of reduced physical activity and being less active after birth is related to poorer maternal wellbeing, increased weight retention and possibly to postnatal depression. In response to high rates of depression, inactivity and perception of social isolation among new mothers a postnatal buggy walking group were formed. Led by our Maternity Champions, the aim of the buggy walk is to promote the benefits of participating in physical activity, improving social networks, programme awareness and signposting opportunities where applicable. Despite the cold, London weather over the winter, 8-12 regular attendees continued walking every week.

Following on from this we introduced our Wriggle and Rhyme, mother and babies group. This session provided an opportunity for parents to participate in an interactive song, movement and dance session followed by our ‘Wonder Woman Wednesdays’ child-friendly fitness classes with the objective of gently introducing individuals into exercise whilst removing the barrier of childcare difficulties.

#### Public Health Campaigns

Campaign Type	Mental health
Sessions	1 
Total Reached	138

### Large events



Contact: [joy@dalgarnotrust.org.uk](mailto:joy@dalgarnotrust.org.uk) or call 020 8969 6300



## Community kitchen

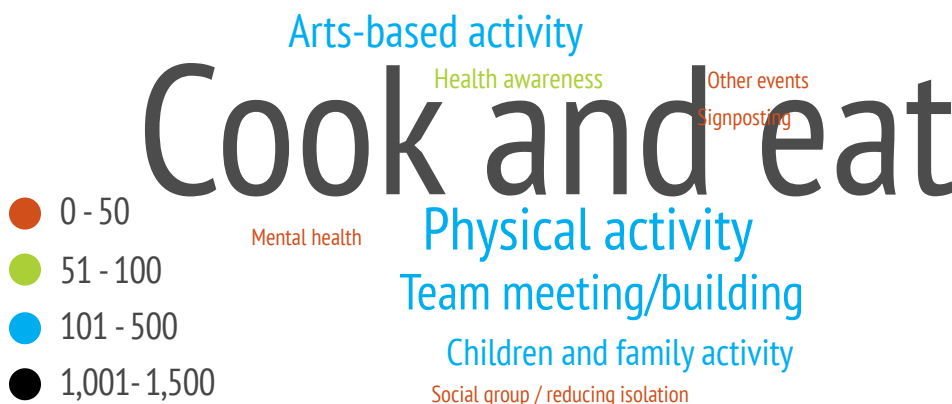
Our Community Kitchen was established to help combat social isolation and strengthen community cohesion. The initiative aims to bring residents together through cooking, learn new skills and share knowledge in a creative environment. We currently serve between 65 and 75 nourishing meals per week made from ingredients provided by our Food Bank on the same day, to some of our most vulnerable residents. The project has increased signposting opportunities, social interactions and helped to improve participants' food and money budgeting skills. Every week 6-8 champions join us in the kitchen to make this programme possible. We have an array of different nationalities within our volunteers which make meal prepping an exciting time with knowledge and skill sharing a regular occurrence.

“ I started off volunteering in the community kitchen 6 months ago which helped a lot with my confidence and now I have a part-time job in a restaurant. I still make time to volunteer here as I love the community feel it brings.



## Regular events

Total participants 2,387



## Sweatember

The aim of 'Sweatember- 5 Days, 5 Ways' was to promote the many benefits of regular exercise and provide tools to live a healthier lifestyle, improve mental health and wellbeing. Five different physical activity sessions / workshops took place over the course of five days, each day participants were given a new task e.g. take a sweaty selfie, do 10 squats. Adding an element of group interaction aided in developing relationships, teamwork and promoting the programme rather than just the activity. The Community Champions supported this initiative by promoting at open days, carrying out surveys and introducing a 'Buddy-System' whereby individuals new to the sessions would be buddied up with one of the champions. The aim of this was to help break down inactivity barriers such as lack of confidence and motivation, friends and family not sharing an interest in making a lifestyle change and lack of resources/ accessibility. Providing an inclusive atmosphere with supportive peers helped to tackle this.

“ I have never done rebounding before, it was a tough class but the atmosphere made it so fun!”

## Spotlight on Community Champion

Over the past 12 months, Mrs R has helped to serve over 600 meals through our Community Kitchen and clocked up a record number of 250 volunteering hours. Whilst volunteering, Mrs R has assisted with events, art workshops and supporting people to access and participate in a range of activities. She was initially nervous about engaging with individuals and interacting with service users. The courses and training provided helped her to overcome this and as a result, she has put in a huge amount of dedication and passion for the community using her experiences to help others.

'I found out about the Community Champions at a fun day in the park where they held a stand. I immediately wanted to get involved as it seemed like they were doing great work for the community. I was suffering from depression and anxiety at the time and wanted to get involved with local activities to help build my confidence and make friends. Since then I have learnt many new skills and gone on courses that have helped me a lot. My English was not the best and I had no one to practice it with. Now I have plenty of friends who help me with my English and I am currently in part-time employment and have the Community Champions Project to thank for this.'